

## Special Warfare Operator SO Rating- SEAL



# NAVY

SEALs are named after the environments in which they operate, the SEa, Air and Land, and are the foundation of Naval Special Warfare combat forces. They are organized, trained and equipped to conduct a variety of special operations missions in all operational environments. Today's SEALs trace their history from the elite frogmen of World War II. Training is extremely demanding, both mentally and physically, producing the world's best warriors in the sea, air, and on land.

Qualifying for SEAL (SO Rating) in Delayed Entry Program is preferred and accounts for the majority of SEAL applicants in the Basic Underwater Demolition/SEAL (BUD/S) training pipeline. Candidates may also volunteer for SO (SEAL) during basic training at Recruit Training Center, or at any time during their enlistment prior to their 29th birthday.

NSW/NSO "Dive" Motivators, at RTC, give presentations on the Navy's NSW/NSO programs, conduct the physical screening tests, and assist interested Recruits with their applications at RTC.

A more stringent physical examination and medical screening is conducted at RTC. Recruit's entrance medical examinations will be reviewed for diving qualifications, and further physical screening tests will be given at the Recruit Training Command and at BUD/S.

BUD/S training is physically and mentally demanding. SEALs receive extra pay for diving, parachuting, demolition, and special duty assignment.

**SEAL Challenge information is available In COMNAVCRUITCOMINST 1130.8G VOL 1 CHAPTER 4 SECTION 4.**

### Becoming a SEAL

Men interested in becoming a SEAL should enlist under an SO contract.

### What They Do

- Conduct surgical military actions, while assigned to small tactical units with very unique capabilities.
- Conduct Direct Action and reconnaissance missions in support of Counter Terror Operations.
- All SEALs are trained to provide combat trauma medical support during all operations. However, SEAL trained

### Career Path After Recruit Training

Enlistees are taught the fundamentals of Naval Special Warfare through formal Navy schooling and on the job training. SEAL candidates attend four phases of training at Coronado, Ca. and various other locations.

School	Present Location	Approximate Training Time	Subjects	Training Methods
BUD/S Preparation	Great Lakes, IL	4 - 8 weeks	Physical and psychological preparation for BUD/S training	All training throughout the BUD/S SEAL training pipeline is group/individual instruction, classroom, and practical instruction
BUD/S Indoctrination	Coronado, CA	3 weeks	Physical preparation and indoctrination for BUD/S training	
BUD/S	Coronado, CaA	24 weeks	Physical conditioning, small boat handling, diving physics, basic open/closed circuit scuba, land warfare, weapons, demolitions, communications, and hydrographic reconnaissance	
Static Line /Free Fall Parachutist Training	Coronado, Ca.	4 weeks	Basic skills required for both personal Static Line and Military Free Fall combat parachuting operations	
SEAL Qualification Training (SQT)	Coronado, Ga.	19 weeks	Core Naval Special Warfare tactical knowledge and skills	

During a 20-year period, SEALs spend about 75% of their time assigned to operational Teams and 25% to NSW training/staff commands. Advanced training opportunities include: demolition, weapons, diving, communications, intelligence, Jump Master (Static Line/Military Free-Fall), foreign language, Scout/Sniper, and a variety of other advanced skills.

Special Operations Medical Technicians receive additional specialized medical training.

### Qualifications and Interests

SEAL Challenge candidates must be mature, motivated, self-assured and self-confident, willing to follow orders and able to work under stressful and hazardous conditions. They must be in excellent physical condition and motivated to withstand the rigorous physiological demands imposed by the maritime environment. The ability to swim and withstand fatigue is a major factor in successful completion of the training.

Other necessary characteristics needed are good study habits and learning skills, knowledge of arithmetic and basic algebra, mechanical skills and manual dexterity. Applicants must be U.S. citizens eligible for a security clearance.

### Working Environment

SEALs perform Special Operations missions from fixed wing aircraft, helicopters, ships and submarines. They may be exposed to arctic, desert or jungle environments including survival in enemy controlled areas and all water conditions. They may also perform administrative and foreign training missions in a wide variety of climates throughout the world.

### Civilian, Federal, and Military Sealift Command Related Occupations

To see Related Civilian, Federal, and Military Sealift Command Occupations for this rating:

**SO**

<https://www.cool.navy.mil/usn/enlisted/so.htm>

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**Navy LaDR (Learning and Development Roadmap)**

To see the Navy LaDR (Learning and Development Roadmap) for this rating:

**SO**

[https://www.cool.navy.mil/usn/LaDR/so\\_e1\\_e9.pdf](https://www.cool.navy.mil/usn/LaDR/so_e1_e9.pdf)

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**College Credits for this Rating**

To see the college credits available via a Joint Service Transcript for this rating

**SO**

[https://www.cool.navy.mil/usn/jst/so\\_jst.pdf](https://www.cool.navy.mil/usn/jst/so_jst.pdf)

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**Additional Information**

For more information on opportunities available for this rating, please visit Navy Credentialing Opportunities On-Line (COOL)

**SO**

<https://www.cool.navy.mil/usn/enlisted/so.htm>

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Since Navy programs and courses are revised at times, the information contained on this rating card is subject to change.

**(Revised 10/14)**